

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–09:30		Weekly station cleanup
10:10–11:10	CDR	Physical exercise (TVIS)
11:10–12:40	FE-1	Physical exercise (TVIS-2)
11:40–12:40	PLT	Physical exercise (IRED-2)
12:40–13:40		LUNCH
13:45–14:00	FE-1	Private family conference
14:12–14:27	CDR	Private psychological conference via ĨÑÀ
15:22–15:37	PLT	Private family conference
15:25–15:35	FE-1	Prepare to receive Packet via Regul
17:00–18:30	CDR	Physical exercise (IRED)
18:00–19:30	PLT	Physical exercise (TVIS-2)
18:30–19:30	FE-1	Physical exercise (IRED-2)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram